

Wow, it's last term already

That's right, term 4 is here already, where has the year gone? We should all be refreshed and raring to go after the holidays... just in time for the Christmas onslaught!

Pancake Breakfast

Our tradition of a free Pancake Breakfast on the first Monday of each month continues; drop in for a free feed and gossip with other locals between 8:30 and 9:30am on the 4th November, or our last this year on 2nd December.

Family Event – Animal Farm

The animal farm family event last month was a big hit! Kids and parents got up close to sheep, alpacas, bunnies, chihuahuas, guinea pigs, chooks, and best of all the sun came out for the duration. As for the pony rides, I think they walked a marathon up and down the street all afternoon! They were hugely popular. Page 7 has a few photos from the day. Sadly, the pizzas fell through at the last minute, but the free snag sangas went off with a bang instead.

Marong Garage Sale Day 2024

Another sunny day – although still with the cold breeze – meant this year's Garage Sale day also went smoothly. There were fourteen individual sale locations this year, and lots of people visiting them. A huge thank-you to all the vendors and patrons.

3G Mobile Network Switch-off

As mentioned in the last newsletter, the 3G mobile network will be switched off at the end of this month. If you have a 3G device, it will stop working – the only remedy is to replace your old device with something newer. On the back page, a message from the Federal Member for Bendigo, Lisa Chesters, has more information and references. Please read it and check your devices, as **even some 4G devices could be affected.**

'New' Electricity Rebate

Although this round isn't exactly new any more, at last, those on embedded networks (eg. caravan parks) can apply from midday on 7th October, via the Vic Energy Compare website. Embedded network recipients will receive one payment of \$300, whereas individual residences will receive \$75 each quarter – usually automatically. This difference is to keep the burden of application to a minimum. Of course, MNH would be delighted to help with your application if you prefer.

Tax Help 2024

Our participation in the ATO's Tax Help programme concludes at the end of this month. If you need help lodging your tax return, please contact us to make an appointment before this deadline.

Save the Date

A bus trip for the Melbourne Flower Show will be travelling to Melbourne on Thursday 27 March next year. Costs and details are still to be determined; watch this space!

TOFS

The Old Fire Shed (TOFS) Op-Shop, at 16 Cathcart Street, is excellent value—most items are just two dollars. We are kicking off the first month of the new term with a \$5 fill-a-bag sale. Come and grab a bargain!

Cup Day – Closed

Finally, Wednesday the 30th of this month is the Bendigo Cup Day public holiday. The Neighbourhood House and the Op-Shop will be closed for the day.



—Janine.

In this edition:

Regular Programs

Spotlight on
Machine Embroidery

MNH Services Offered

Recipe of the Month
Pineapple Sparkler

Word Detective

Recycling Options

Community Information
3G mobile network switch-off
— Are you affected?

Opening Hours (we open only during school terms)

Term	Start	Finish	Marong Neighbourhood House		"TOFS" Op-Shop	
Term 1	30 Jan	28 Mar	Mon:	9.00am to 3.30pm	Mon:	9.30am to 12.30pm
Term 2	15 Apr	28 Jun	Tue:	9.00am to 3.30pm	Tue:	9.30am to 12.30pm
Term 3	15 Jul	20 Sep	Wed:	9.00am to 5.00pm	Wed:	9.30am to 12.30pm
Term 4	07 Oct	20 Dec	Thu:	2.00pm to 6.00pm	Fri:	9.30am to 12.30pm
			Fri:	Closed	Sat:	10.00am to 12.00pm

Regular Programs

M O N	1.00pm - 3.00pm	Craft Circle	Bring your craft project and supplies. \$3 per session.
	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$3/session/family or \$20 for 8 sessions.
T U E S D A Y	9.30am - 10.30am	Walking group	Meet at the Clubhouses at Malone Park for a leisurely stroll; all ages and abilities welcome. No cost.
	9.30am - 4.00pm	Machine Embroidery	Bring your machine & lunch along to this all-day session at Marong Community Hall, 36 Torrens Street. \$5 per session. Changed venue ▲
	1.00pm - 3.00pm	Family History Lessons	Kath can help you research your family history. Computers for research are available if required. Cost is \$3 per session.
	1.00pm - 3.30pm	Computer & Phone Help	Technology is good when it's understandable and it works, but things do go wrong sometimes. Free assistance with your phone or laptop is available at MNH.
W E D	10.00am - 11.00am	Over 60s Exercise Class	Booked out – join our waiting list
	1.30pm - 3.00pm	Art Class	Each week, artist Rob shows you how to produce your own masterpiece. Materials & equipment supplied. \$3 per class.
	7.00pm - 8.00pm	Yoga Class	Dedicated instructor Nerissa leads a class suitable for all fitness levels. \$10 per class.
T H U	9.00am - 11.00am	MNH Playgroup	Children can play or participate in a friendly, safe environment facilitated by Ro. Bring your own snacks. Costs \$3/session/family or \$20 for 8 sessions.
	11.00am - 4.00pm	Sewing Workshop	Judith teaches sewing (bring your own machine). Please contact us for exact dates. Costs \$3.

Suggestions

If you have any suggestions or ideas for classes or sessions you would like at MNH, please call, email or pop in to see us.



The newsletter can be emailed or posted to you at no charge. To take advantage of this service, please provide us with your details—either by email, Facebook message, or in person at the Neighbourhood House—and we will add you to our distribution list. Your details will be kept in-confidence.



Marong Neighbourhood House acknowledges that we work and live on the country of the Dja Dja Wurrung people. We acknowledge Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and waterways, and pay our respects to Elders past, present, and emerging. We celebrate the rich heritage and the continuing culture of the First Peoples of this nation.

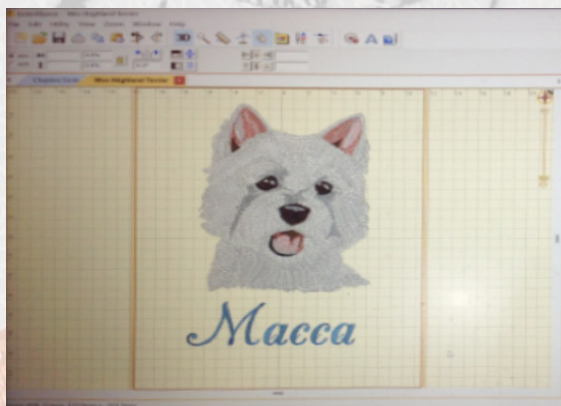
Marong Neighbourhood House celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Spotlight on: Machine Embroidery

The Marong Community Hall now hosts weekly Machine Embroidery sessions. These relaxed gatherings are open to anyone with a keen interest in either machine or hand embroidery. The sessions run over an entire day, and some regulars travel hundreds of kilometres with their machines to join in.

With specialised embroidery machines, digital patterns or designs can be accurately sewn. Using a laptop computer, design programs can be used to convert photos into patterns (digitising), create entirely new patterns, or modify patterns that were created previously. Many patterns can be obtained via the internet. Some of the embroidered creations are cushions, bookmarks, hair-clips, bags & purses, soft toys, reading pillows, and children's play masks.

The Machine Embroidery sessions are of a social nature – techniques and ideas are shared freely. The group meets every Tuesday from 9:30am until 4:00pm, and cost \$5 each week. Bring your own machine and your lunch too! The Marong Community Hall is at 36 Torrens Street, with parking in front.



MNH services offered

Photocopying & Printing

Photocopying documents is provided for a small charge:

- A4-size colour originals are 40 cents per copy (10 cents for monochrome)
- A3-size colour originals is \$1.00 per copy (20 cents for monochrome)

Electronic copies of photographs or documents in most popular formats—PDF, MS-Office—can be printed for a small charge:

- A4-size colour printing is 40 cents per page (10 cents for monochrome)
- A3-size colour printing is \$1.00 per page (20 cents for monochrome)

Laminating

Documents can be protected by having them laminated. The fee per sheet is:

- \$1.50 for A4-size, or
- \$2.50 for A3-size

Binding

We now have a comb binding machine to give your A4-size documents that professional touch. Binding up to 80 pages costs \$2.00. Plastic cover sheets are 50 cents each.

Community Garden

Our community garden plots have had a year or two to get established now and we've had several successful crops. We now have a couple of worm farms, as well as some fruit trees: apricots & plums, lemons & limes. If you'd like to grow your own produce, but don't have the room, plots are available for rent at \$10/year plus \$10 deposit for a garden key. At the main entrance to MNH, there is sensory/herb garden with interesting textures and aromas.

Short-term Computer Use

Nowadays, there is a common expectation that everyone has computer technology and internet access around the clock, but the reality is sometimes different, especially in country areas. While we don't exactly offer 24-hour help in these areas, during open hours MNH has computers available for short-term use. The internet-connected computers are of the Windows variety with software to suit the majority of uses. If

you need temporary use of a computer or just internet access, please come and see us at the neighbourhood house.

Library

At any time during MNH open hours (see front page), books may be borrowed from the 1,000+ titles in our library. There is no charge for library borrowing.

Op-Shop

Our Op-Shop (The Old Fire Shed Op-Shop or just TOFS) reopened on 28th February. TOFS, at 16 Cathcart Street, is excellent value—most items are just two dollars! Detailed opening times are on page 1.

Venue Hire

The Marong Neighbourhood House is available to hire for functions, meetings, parties, etc. at the following rates:

- Functions/meetings: \$10.00
- Group Bookings (half day): \$30.00
- Birthday Parties: \$30.00 for regular members, and \$50.00 for non-members

There is a limit of 50 people inside the building. Hiring the venue is subject to availability. If required, Public Liability insurance is available **on application** at no additional charge.

Please contact us if you would like further information concerning hiring MNH.

Free CoGB Wi-Fi

The City of Greater Bendigo provides free Wi-Fi internet access at the Neighbourhood House—no password required. Please note that this service is NOT secure, and is therefore unsuited to sensitive activities such as internet banking.

MNH Wi-Fi

In addition to the free CoGB Wi-Fi, MNH offers password-protected Wi-Fi internet. Please ask for the password. Fees for access to MNH Wi-Fi are at present waived.

Recycling

MNH is a recycling drop-off point for the CoGB e-waste programme, soft plastics, blister packs, and we participate in the Mobile Muster programme for old phones. Page 6 has more details.

Recipe of the Month

Healthy Pineapple Sparkler

This drink combines the fiery heat of ginger with pineapple's bright sweetness.

 Serves: 2  Prep: 5m  Cook: –  Difficulty: Easy



Ingredients

- 2 pieces glace ginger
- 2/3 cup canned pineapple pieces in natural juice, drained
- 1 tsp lemon juice or apple cider vinegar
- 1½ cups soda water, cold

Variation:

For more ginger kick, add freshly grated ginger with the pineapple

Method

1. Add ginger, pineapple and lemon juice/vinegar to a blender or jug that can be used with a stick blender. Blitz until smooth. Add a little water if needed to get the mixer going.
2. Just before serving, divide into two glasses (strain if desired) and top with ¾ cup of soda water per glass.



Courtesy www.livellighter.com.au



WORD DETECTIVE

ANGUISH
BLUES
CALAMITY
CHAGRIN
CHEER
DEJECTION
DELIGHT
DISCONTENT
DISENCHANTMENT
DISILLUSIONMENT
DISMAY

DISSATISFACTION
DREARINESS
EUPHORIA
FRENZY
FRUSTRATION
GAIETY
GLEE
GLOOMINESS
GLORY
HAPPINESS
JOLLITY

MELANCHOLY
MISERY
PLEASURE
SADNESS
SORROW
SUFFERANCE
UNHAPPINESS
WOE

S K S O R R O W S F R E N Z Y D K
S H S I U G N A T E U X P T I X D
E V S D E L I G H T U C I S V I R
N D I S C O N T E N T L S O S S E
I W D T E C Q Y N E L A B I H B A
P Y O I I N R A U O T Z L F S N R
P P L E S E D P J I J L E R S O I
A L W O S M H A S U U H C U E I N
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N A M L R C A Y I M R P A T I C S
U S M I O C N O S A C P R R M E S
A U A I T R N A U N C I E A O J Y
A R W I U M Y G L E E N F T O E T
N E O Z E P C H E E R E F I L D E
T N X N I R G A H C M S U O G Y I
P Y T I M A L A C F P S S N F R A
T N E M T N A H C N E S I D E C G

Recycling options



MNH is once again a drop-off point for soft plastic waste. Three bins for soft plastics are situated beside the pathway at the side of the House.

An arrangement has been struck between the City of Greater Bendigo and the Close the Loop company. The plastics we collect are taken to the Council collection point at Eaglehawk, and from there it is passed to Close the Loop for recycling into road-base additive.

Nobody wants to pick the plastic out of the bin piece-by-piece, so **please** drop it off in see-through bags. Thank you.



MNH also takes all brands of used, over-the-counter medicinal blister packs and Webster packs for recycling. Please ensure your blister packs are completely empty and dry before dropping them off. The programme accepts only the actual blister packs – do not include anything else. The blister packs are sent to Terracycle, then the metal foils are re-smelted and the plastics are melted down for reuse.



If you drop your old mobile in to MNH, we will get it started on it's recycling journey in an official MobileMuster satchel. MobileMuster and their recycling partner companies then recover over 95% of the materials—glass, aluminium, precious & rare metals, plastic—even the paper and cardboard of the packaging are all saved from land-fill.



E-waste recycling

The City of Greater Bendigo has provided Marong Neighbourhood House with one of their small e-waste stations. Drop your e-waste items into MNH anytime—the e-waste station (bin) is under cover on the side verandah—and we will make sure they don't end up in landfill. We accept any small- to medium-sized mains- or battery-powered items, as well as:

Small batteries

Printer cartridges

Optical disk drives

Double adapters & power boards

USB memory/SD cards

Cables and leads

Computer keyboards & mice

Chargers

Multi-adapter plugs

Light bulbs



Community Information



Australian Government
Australian Taxation Office

Need help lodging your tax return?

The free Tax Help program
can help you lodge



Book your appointment with MNH on 5435 2486

Q. How many Zen masters does it take to change a lightbulb?



CITY OF GREATER
BENDIGO



The Marong Neighbourhood
House acknowledges the
support of the Victorian
Government.



Neighbourhood Houses
The Heart of Our Community

Contact Details

Marong Neighbourhood House
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Marong
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Co-ordinator (Janine): 0494 102 904

Email: marongnhh@gmail.com

Marong Neighbourhood House page & group

Marong Neighbourhood House Playgroup page

Marong Neighbourhood House - The Old Fire Shed Op-Shop page

MNH web page: www.marongnh.com.au

TOFS web page: marongnhh9.wixsite.com/marongopshop

Community Information

Are you prepared for the 3G switchover?

Message from Lisa Chesters – Federal Member for Bendigo

From September 2024, the 3G network will be shut down across Australia. Some constituents have raised concerns about this.

This has been coming for quite some time, and the Federal Government has been working closely with industry to minimise the impact to customers.

In anticipation of the switchover, telcos have been working to improve 4G access so that all areas that currently have access to 3G will be able to access 4G.

The shutdown of the 3G network will free up 3G spectrum, further improving access to 4G.

If you have an older device that can only access the 3G network, you must upgrade your device. This includes mobile phones, tablets, smart watches, eftpos machines, personal emergency response solutions, and medical alarms.

These devices will no longer be able to access mobile network services, and 3G-only mobile phones will lose access to all calls, including Triple Zero emergency calls.

Mobile providers have been messaging users of these devices directly and we encourage all identified customers to act on the messages.

If you are unsure whether your device will be impacted by the switchover, **customers on any Australian network can text '3' to '3498' and receive an instant reply on whether their handset is supported after 3G networks close.**

I encourage everyone to check in with vulnerable community members and help where possible to make sure nobody is left behind in this transition.

More information about the 3G switchover, including a full list of FAQ's, is available at www.3gclosure.com.au

STOP PRESS: It has recently been discovered that some older 4G devices still use 3G for emergency operation. Even if your device is 4G, please follow the advice above to check whether it will be affected.